

Name \_\_\_\_\_

Date \_\_\_\_\_

## Emotional Expressivity Scale

**Purpose:** To assess your degree of emotional expression.

**Instructions:** Using the following scale, place the number on the line that best describes your agreement with the following statements:

5 = Strongly Agree 4 = Agree 3 = Neither Agree or Disagree  
2 = Disagree 1 = Strongly Disagree

- \_\_\_ 1. I think of myself as emotionally expressive.
- \_\_\_ 2. People think of me as an unemotional person.\*
- \_\_\_ 3. I keep my feelings to myself.\*
- \_\_\_ 4. I am often considered indifferent by others.\*
- \_\_\_ 5. People can read my emotions.
- \_\_\_ 6. I display my emotions to other people.
- \_\_\_ 7. I don't like to let other people see how I am feeling.\*
- \_\_\_ 8. I am able to cry in front of other people.
- \_\_\_ 9. Even if I am feeling very emotional, I don't let others see my feelings.\*
- \_\_\_ 10. Other people aren't easily able to observe what I am feeling.\*
- \_\_\_ 11. I am not very emotionally expressive.\*
- \_\_\_ 12. Even when I am experiencing strong feelings, I don't express them outwardly.\*
- \_\_\_ 13. I cannot hide the way I am feeling.
- \_\_\_ 14. Other people believe me to be very emotional.
- \_\_\_ 15. I don't express my emotions to other people.\*
- \_\_\_ 16. The way I feel is different from how others think I feel.\*
- \_\_\_ 17. I hold my feelings in.\*

**Scoring:** \*=Recode these items (5 = 1, 4 = 2, 3 = 3, 2 = 4, 1 = 5)

After you recode the negative items, sum all the scores together. **My Score:** \_\_\_\_\_

**Range of Emotional Expressivity = 17-85 (17 is the lowest expression of emotions and 85 is the highest expression of emotions)**

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(continued)

# Human Behavior

Name \_\_\_\_\_ Pd. \_\_\_\_\_ Date \_\_\_\_\_

## Chapter 4 Review Questions

Analyze factors that influence human growth and development. (AAFCS 12.0)

1. Guidelines for Dealing with Your Emotions page 176).

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

2. Benefits of expressing your feelings (page 179).

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

3. Define forgiveness (page 180) - \_\_\_\_\_  
\_\_\_\_\_